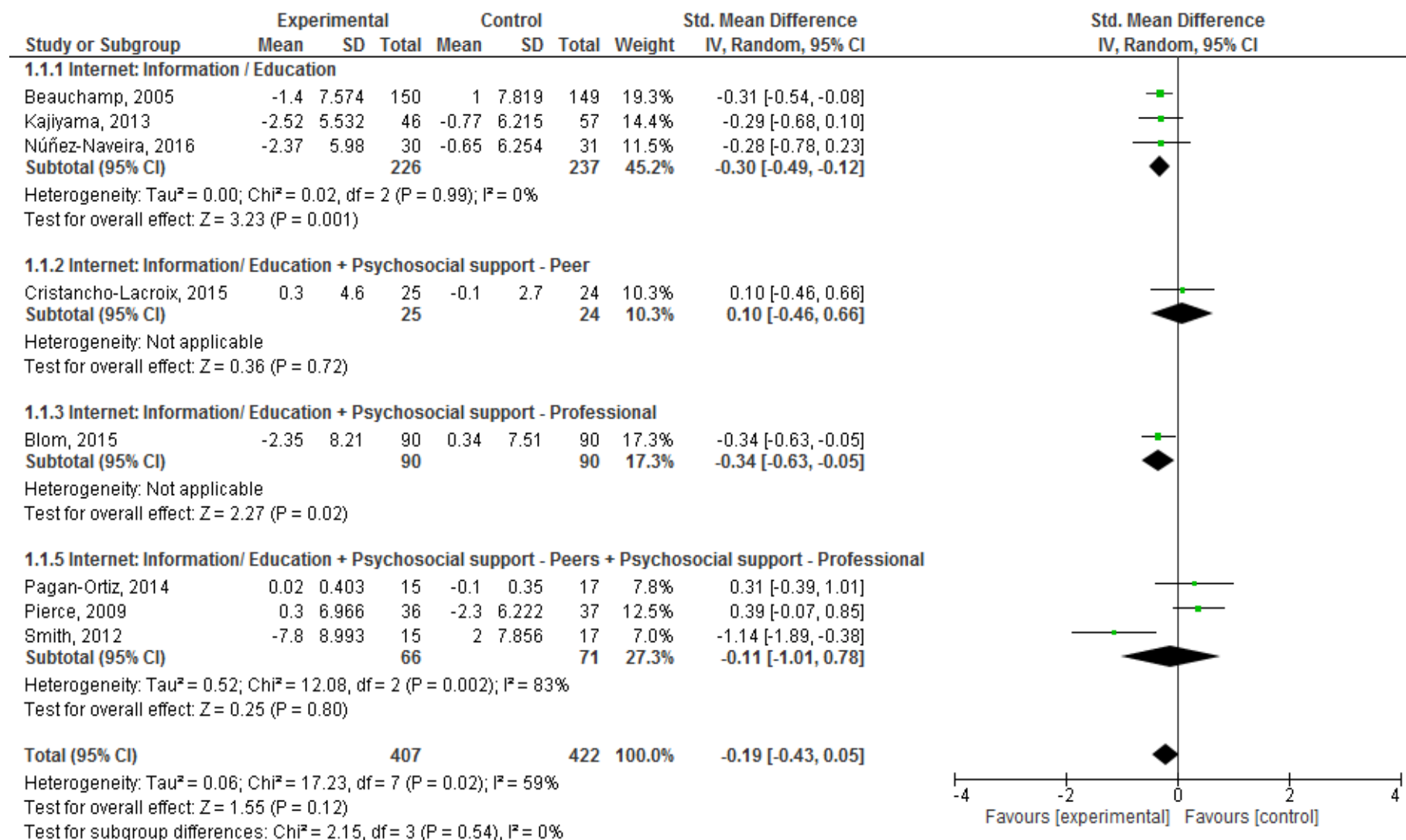


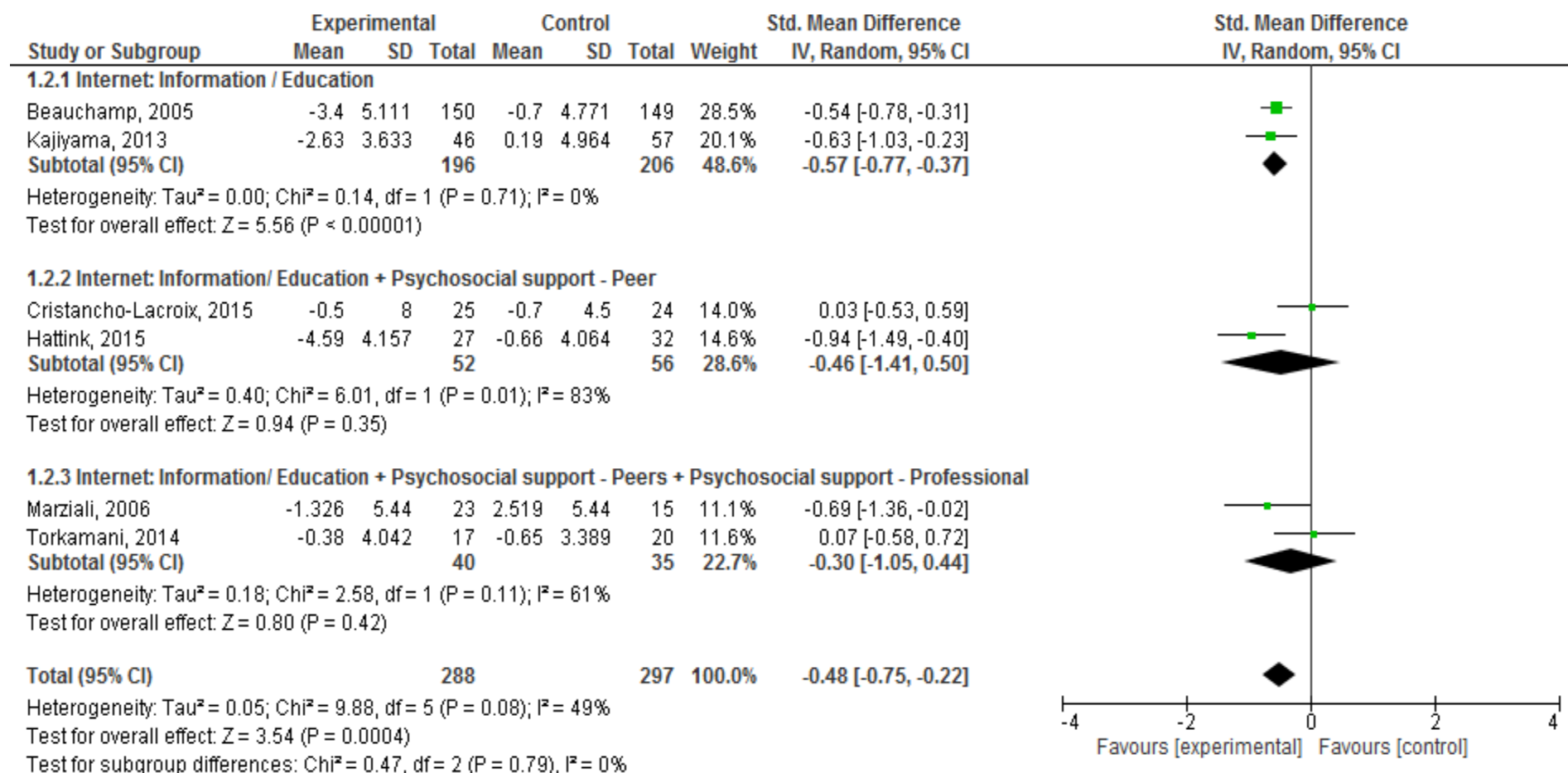
Multimedia Appendix4: Meta-analysis and forest plots

Mental Health and General/Overall Health outcomes

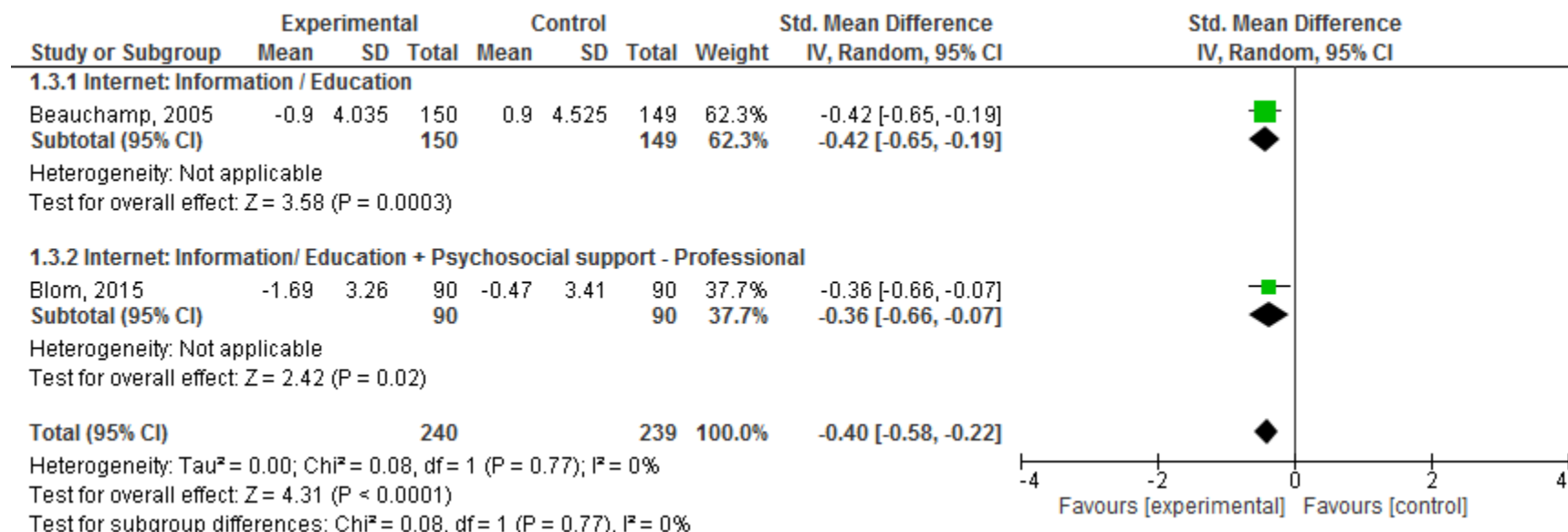
Change in Depression



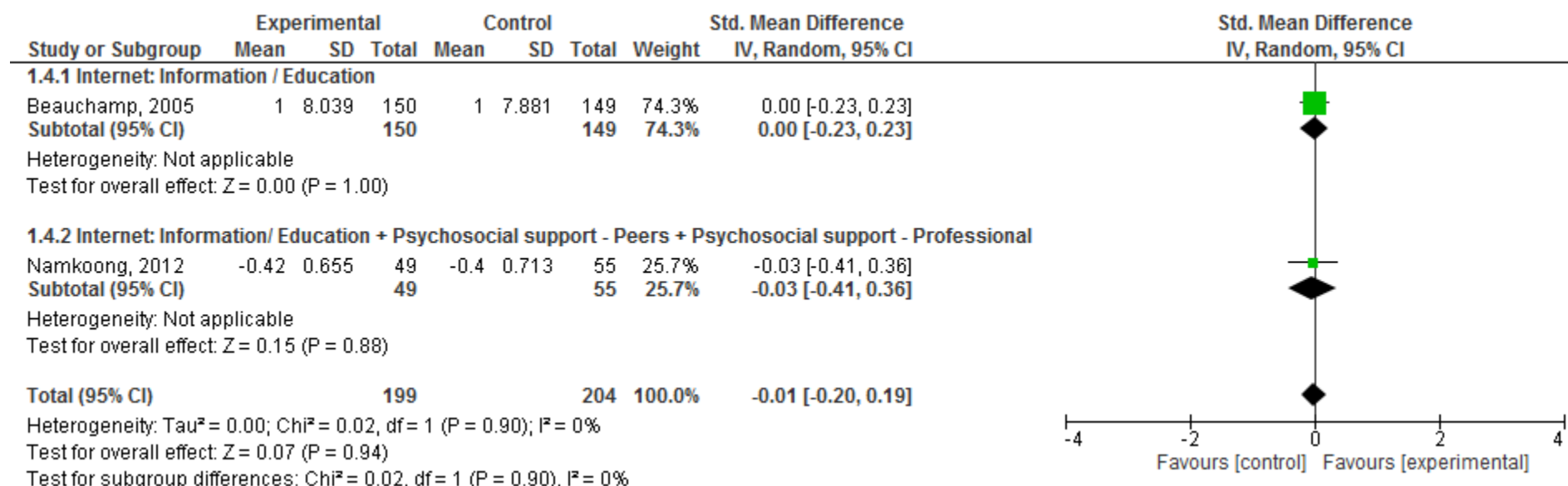
Change in Stress / Distress



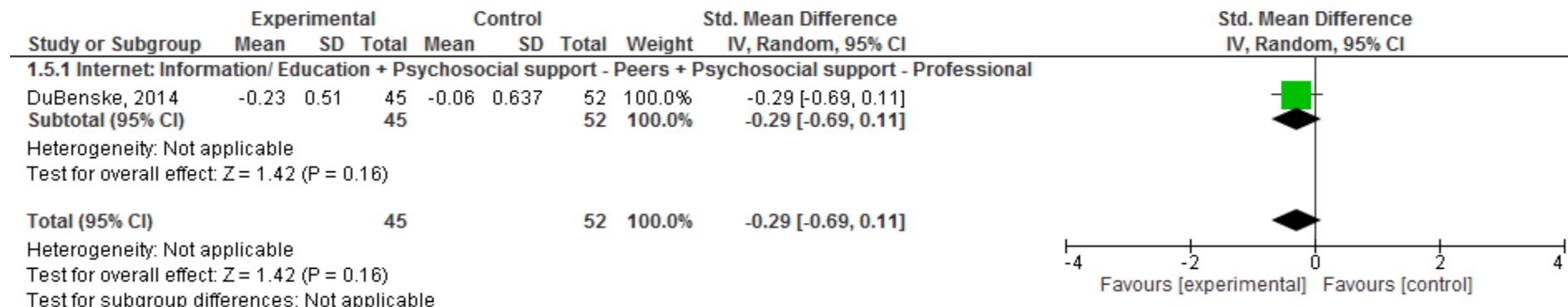
Change in Anxiety



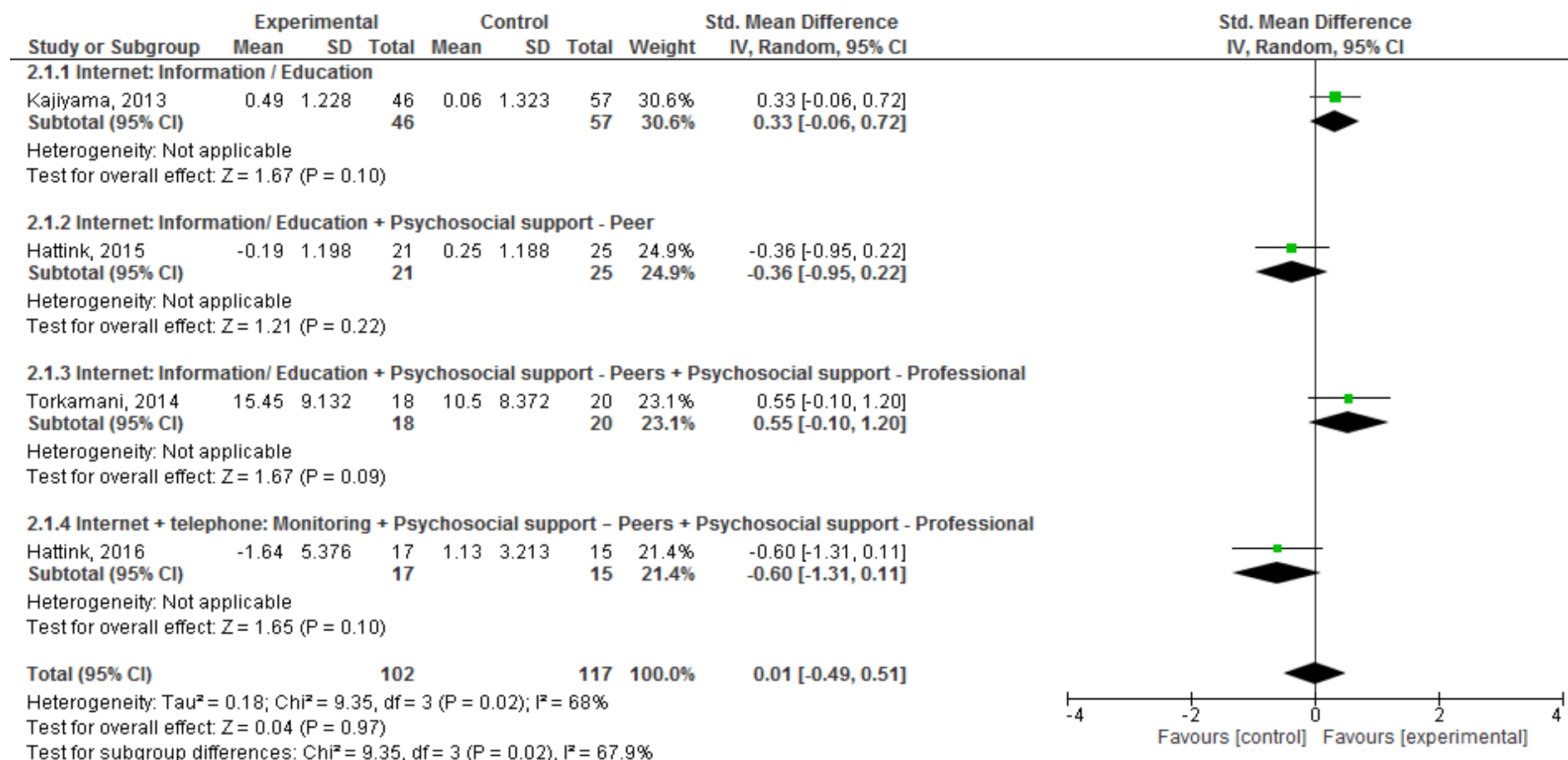
Change in Coping



Change in Overall Mental health



Change in Quality of life



Change in Overall Health

